

skin. I am Brahma, the Supreme light, devoid of tongue and nose. I am Brahma, the supreme light, devoid of the currents of up-coursing and down-coursing vital Vivus. I am Brahma, the supreme light, devoid of the vital Vayus of Vyina and Udana, I am Brahma, the supreme light, void of all Nescience. I am Brahma, the supreme light, the receptacle of supreme bliss; my self is my own wife, and devoid of mind intellect, life, Egoism and cognitive organs. I am Brahma, the supreme light, pure intellect, infinite joy, infinite reality and without a second. I am the supreme Brahma, the embodiment of perfect knowledge, an emancipated self.

Suta said :—O Shaunaka, thus I have described unto you the Science of Yoga with its eight essential appendages, and a knowledge of this Yoga brings about the emancipation of one's Self. Those, who attain to (meet their annihilation in) the Nityam and Naimittikam dissolution, are not liberated from the fetters of Nature (physical laws), and are subjected to the necessity of being born again and again in this world, but not so are those who merge themselves in the Supreme Self. * They are emancipated ; and thus emancipated, they no longer die, or suffer from disease or affection as they used to do under the influence of Nescience before their liberation. Thus sin affecteth not an emancipated Yogin and ceases to exist for him for all eternity. He is not bound by the chain of necessary re-births, and is not

consigned to suffer the pangs of inter-uterine existence. He is one with the unchanging, undecaying Nir&yana. By dint of such an unswerving faith and devotion, one may attain the god Hari, the grantor of emancipation and creature-comforts. The [purification of the heart is effected by means of meditation, worship, mental recitations of Mantras, and psalms, and by practising vows of charity and continence, and by celebrating religious sacrifices, and from the purification of bevt proceeds knowledge. Twice-born ones, by reciting the Pranava Mantra, have become emancipated selves, Dbruvaby